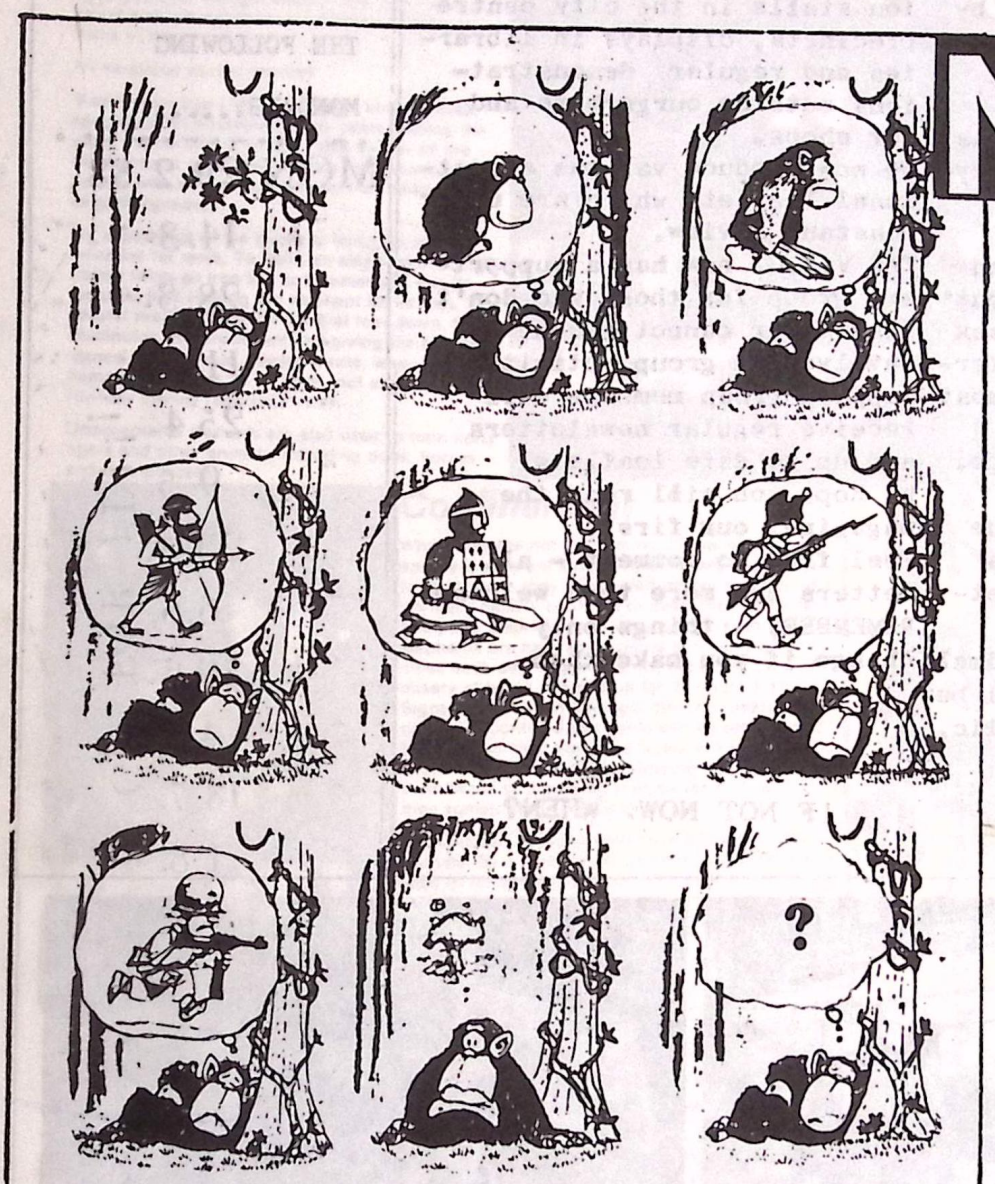
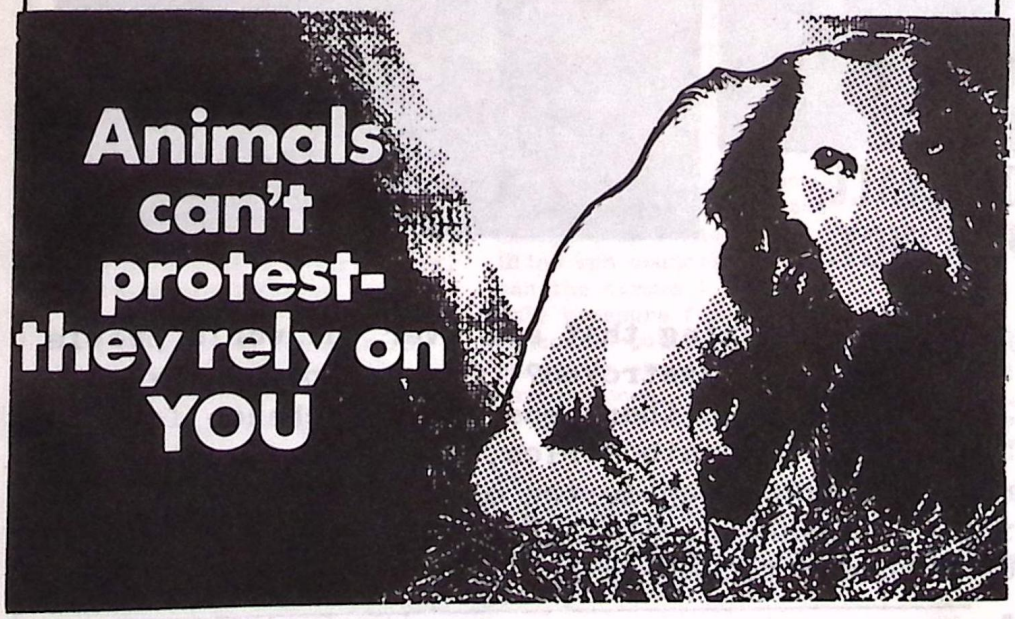
T/SOR/49/1/31

# VEGAN ACTION

## NEWS

Spring 88




**VEGAN ACTION GROUP**

ROOM 16,
136 INGRAM
STREET,
GLASGOW G1 1EJ.

# VEGAN ACTION GROUP

## What We're All About....

The Vegan Action Group was formed about 3 years ago by people who felt there was a need for a general animal rights group in Glasgow.
The V.A.G. was and still is made up of people from varying backgrounds and age groups.
The group organisation and workload is not 'handed out' in accordance with age, sex etc, but taken on by preference, co-operation, and most of all, dedication.
No one person is in charge.
We meet fortnightly to organise what's to be done and by whom; everyone has an equal say at group meetings.
It is our belief that animal and human liberation will be won by educating the public.

To do this we have information stalls in the city centre precincts, displays in libraries and regular demonstrations outside burgerbars and fur shops.
We now produce various educational leaflets which are under constant review.
The V.A.G. now has a supporters group for those who don't wish to or cannot become involved in group activities.
Support group members will receive regular newsletters and up to date leaflets.
We hope you will read the magazine, our first!
Feel free to comment - all letters are more than welcome.
REMEMBER; things only change if you make them.

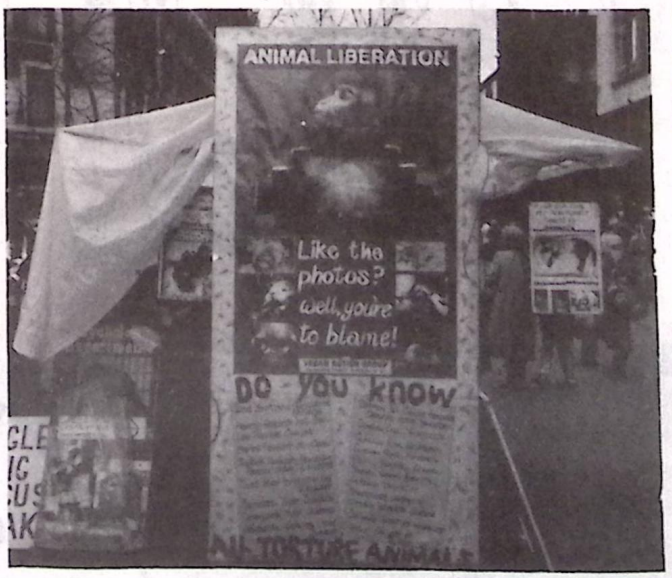
IF NOT YOU, WHO?

IF NOT NOW. WHEN?

PLEASE COME TO OUR MEETING ON ANY OF THE FOLLOWING MONDAYS.....

MON 29.2.88
.. 14.3. ..
.. 28.3. ..
.. 11.4. ..
.. 25.4. ..
.. 9.5. ..
.. 23.5. ..
.. 6.6. ..
.. 20.6. ..
.. 4.7. ..
.. 18.7. ..
.. 1.8. ..

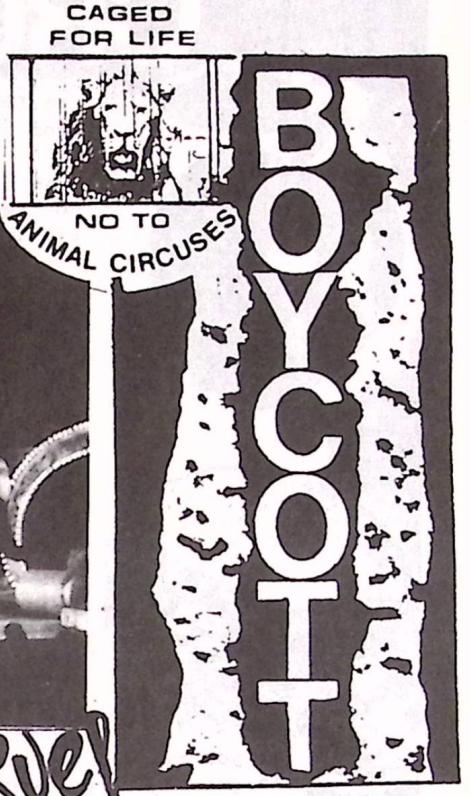
GO FOR IT!!!




**OUR INFORMATION STALL, ARGYLE STREET PRECINCT.**

Are you happy to live your life knowing that all over the world people are being persecuted and the planet destroyed? One day perhaps you'll wish you stood up and spoke out while there was still a chance for change. Remember, what happens in South Africa, the rain forests, Northern Ireland, Iran, Abattoirs, deep in the oceans, South America, in the upper limits of the atmosphere, all affects us in the end. There is no freedom for anyone until every creature is free to live out it's natural life.

# KEEP THE CIRCUS OUT OF GLASGOW!




## Training

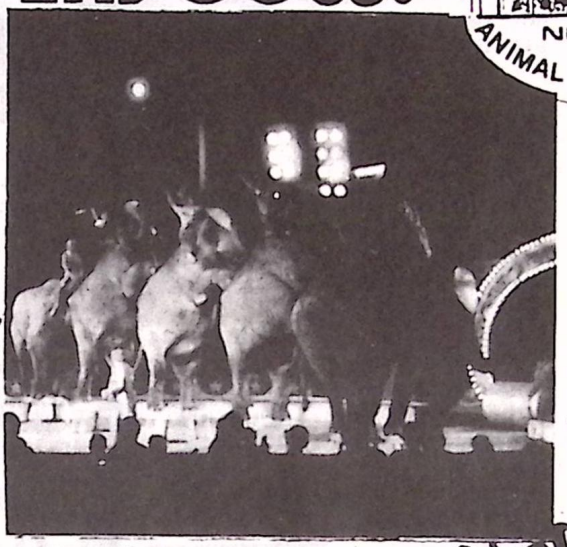
Have you ever thought exactly how they 'teach' proud and independent wild animals to perform tricks in the circus ring?

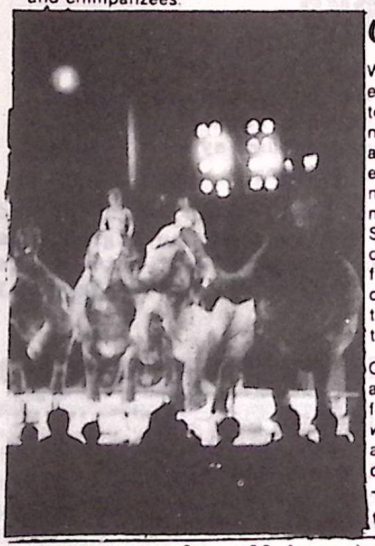
An ex-circus worker testifies:

**'Some years ago I worked in zoos and circuses, specialised in elephants for six years. During the years I spent with a circus, I saw almost all the elephants, at some time, beaten with shovels, iron bars, a 14lb sledge hammer and iron spikes known as gaffs (goads)...**

**My experience of the circus is that pain is the incentive for work. To make an elephant dance, the trainer takes an iron bar or hammer and hits its toenails, thus making the elephant lift its foot. The natural reaction is to put the first foot down. On continuing this procedure and giving the command 'dance' the elephant quickly learns, when the command is given, to lift each foot alternately.'**
*(Grimsby Evening Telegraph 27/9/83)*

Unacceptable methods are also used to train lions tigers and other animals, including dogs, horses and chimpanzees.



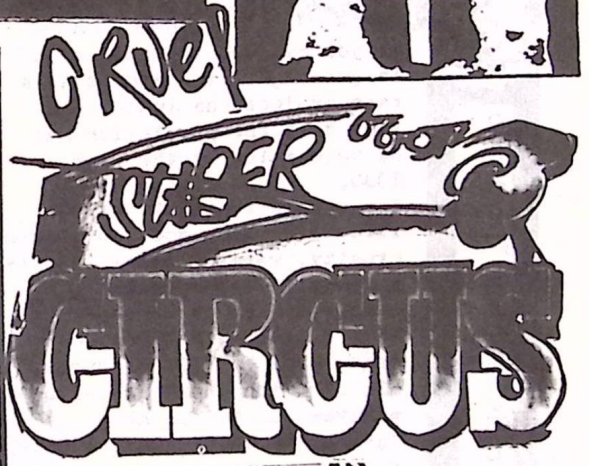


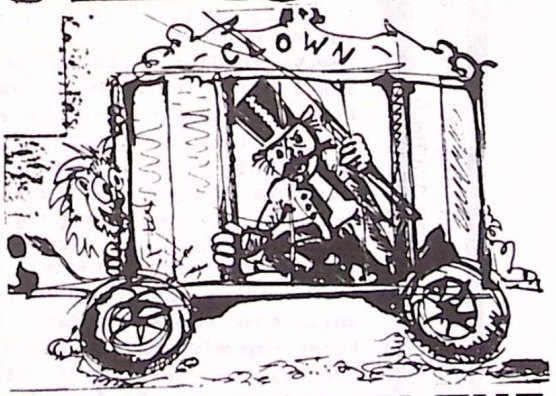
## Confinement

When they are not performing, circus animals endure a different kind of hell. Transported from town to town, they are denied proper exercise and normally closely confined or even chained in cages and pens. Deprivation is intense. For example, elephants are naturally curious and will walk many miles each day. Imagine, then, the boredom and misery of being chained up for 23 hours a day. Signs of frustration amongst circus animals are common. Confined elephants can be seen swaying from side to side; lions and tigers will pace up and down their solitary cages, swaying, tossing back their heads or grooming themselves endlessly until they sometimes lick their skins raw.

Circuses can be good entertainment *without* animals. By all means, let us enjoy the clowns and feats of human skill, but let it be entertainment *without* cruelty. An increasing number of local authorities are refusing to let council owned land to circuses containing animals.

The abuse of animals in circuses should belong to the history books




As most people will have been aware, the cruel circus returned to Glasgow for Xmas 87 / 88.
We hope to make a year long effort to see that it does not return.
The Roberts Brothers Circus has performed for the last four years in the Scottish Exhibition Centre, bringing into the Xmas festivities their annual display of animals being degraded, used and humiliated.
Many people do not know the suffering that is behind the use of animal - entertainers. Animals are tethered for long periods, denied their normal social groups, being transported for 1000's of miles causing suffering and stress.
The Roberts Brothers use dogs, horses, goats and elephants as part of their show, adding a distasteful element to the otherwise fascinating acts of the human performers.

This abuse of animals, especially the elephants, insults the intelligence of the audience - is there that much appeal in watching an elephant twirl and look stupid for your pleasure ? And is this a healthy display for impressionable children,..
.. .. ..
laughing at an animal acting in an abnormal, oppressed fashion.?
Please, write to the council demanding they follow the examples of Dundee and Edinburgh councils, and ban the circus !
Only pressure form the concerned public will see an end to cruel animal performances.....and....
BOYCOTT THE CIRCUS - if we are unfortunate enough to see its return !!

**ELEPHANTS IN THE WILD DON'T STAND ON THEIR HEADS, DANCE OR ACT THE CLOWN.....**

**IS THIS ENTERTAINMENT?**

# CRUELTY FREE FOOD

The following are figures from a 1986 Gallop Poll.

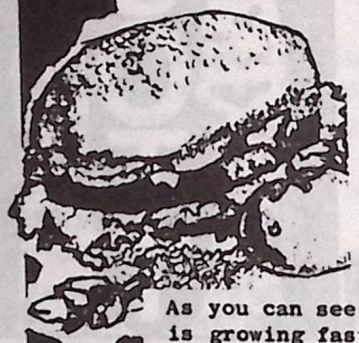
1 in 17 of the population do not eat meat - that's 3¼ million people!

Among the rest of the population, approx 35% claim to be eating less meat.

1 in 14 women do not eat meat compared with 1 in 24 men. Does it follow that women are more compassionate than men?

1 in 8 of the women aged 16-24 don't eat flesh products.

1 in 9 students are vegetarians and a further 7% avoid meat.
A total of 18% of students not eating meat - double last years figure!



As you can see vegetarianism is growing fast - and at this rate projections indicate that half the population may be vegetarian by the year 2000.
For people trying to live a lifestyle which does not cause cruelty, vegetarianism is only a stepping stone to the more compassionate vegan diet.
This diet does not include meat, eggs or milk products, all of which there are alternatives to. Animal abuse is just as prevalent in the dairy industry as it is in that of the meat trade.
The vegan diet, although seeming limited in the begining, has more variety than the vegetarian diet. In the latter you are likely to rely on the old standbys of eggs and cheese. As these are not part of a vegan diet, you vary your diet with unusual or foreign foods. Recipe ideas can be found in vegan cook books but for those who wish to try vegan food without the expense of a recipe book, the following are good ideas to experiment with.

Britain imported 4 million tonnes of high protein foods from Third World countries simply to fatten animals

## RATATOUILLE

4oz pre-cooked kidney beans.
12oz courgettes.
1 large pepper.
8oz tomatoes.
8oz aubergine or marrow.
1 large onion.
oil (vegetable.)
3/4 cloves garlic.
tomato juice/puree.
2 tbsp tamari or strong soya souce.
Herbs; oregano, basil and thyme.

Chop and saute all the vegetables except tomatoes in oil until cooked. Add tomatoes and all remaining ingredients. Stir well. Cook for 5-10 minutes. Serve with salad and whole grain bread.

## APPLE CRUNCH

1lb sliced apples.
3oz dried mixed fruit.
4oz oats.
2oz oil (vegetable.)

Put apples in layers, alternating with dried fruit, into a pie dish. Stir oats into oil until all the oil is soaked up. Spread on top of the apples. Cook at 300'F for 30 mins, ( if preferred, add 1 cup of brown sugar to apples and ½ cup of sugar to oat mixture.)

## FLAPJACKS

9oz jumbo oats.
6oz vegetarian margarine.
6oz molasses/brown sugar.
1 dessertspoon golden syrup.
1 tsp ground ginger.

Mix sugar and oats. Melt margarine and syrup. Add the rest of the ingredients. Bake 40 mins at 170'C. Cut into squares while warm. Remove from tin before cold.

## THREE FAVOURITES SOUP

2oz red lentils.
1½ pints stock or water.
1 tbs oil(vegetable.)
4oz sliced leeks.
4oz tomatoes. (½ small tin.)

Wash lentils and simmer in stock for 15 mins, add sliced leeks and tomatoes plus favourite herbs and seasonings. Simmer till all are soft adding more stock if necessary. A little yeast extract will add extra flavour. Serve when ready.

## PAELLA

6oz wholegrain rice
15oz tin pineapple rings
4dsp vegetable oil
2oz sliced mushrooms
½ diced pepper
2oz sultanas
2oz peanuts
3tbsp tomato puree

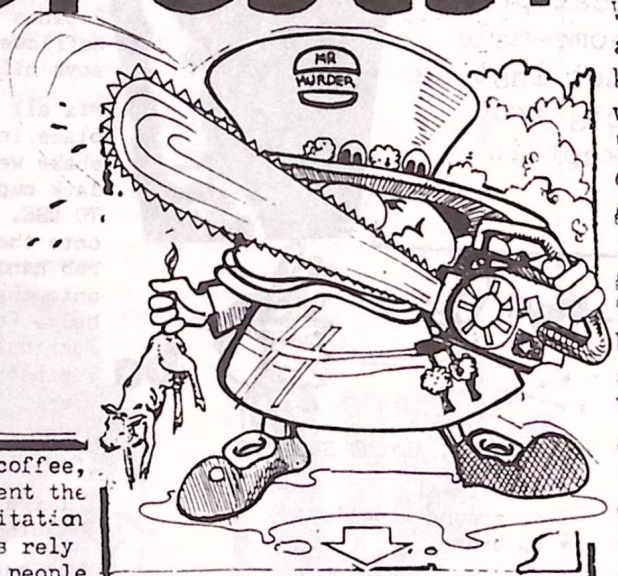
Saute rice in 2dsp oil. Add juice from pineapples to water to make 1 pint of liquid. Add this to the rice, cover and simmer. When rice is cooked
Meanwhile, fry mushrooms and pepper in 2dsp oil and mix together with the cooked rice and all other ingredients. Heat, season and place on serving, garnished with pineapple.

# WHO'S KILLING THE Tropical Rain Forests?

## HELP! HELP!

Although Glasgow District Council have refused permission for Wimpy to build a new Burger Bar in Argyll Street, the request for planning permission is to be reconsidered by a full planning committee. Please make your feelings known! Write to the Council and press them to keep to their former decision and stop the building of yet another burger monster. If this one goes ahead Glasgow will have 10 in the City Centre alone!

Letters to: The Full Planning Committee, G.D.C., City Chambers, Glasgow.




A stranger visiting Glasgow on any Saturday might well believe that an arcane ritual is being enacted which involves littering the streets and pricincts with red and white paper cups and containers; not so, this is the big burger day in town. Glasgow council has recently refused permission for what would have been the biggest Wimpy in the world to be built in the city centre; hopefully the feeling is that there is a plethora of burger bars and more than enough is enough to be going on with!

If you were to stop and consider things (that is the dangerous part) you may decide burgers aren't very good for you or this planet.

In the 1986 Annual Report of United Biscuits - an international monster which ownes Wimpy, Pizzaland and McVities, as well as many other well known names- these telling words appear:

"Proud as we are of our community involvement programme, it is not, of course just good citizenship, it is good business."

This, as they say, is the bottom line - making money and plenty of it.

With directors of U.B. receiving emoluments (isn't 'wages' such a common word?) of £150,000 a year.

In their singleminded pursuit of profit, the Sirs and Rt. Hons. who sit in the boardrooms are step-by-step killing our planet.

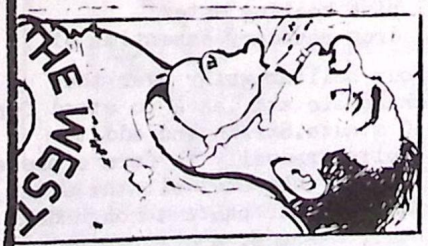
Those giant 'multi-nationals' are destroying rainforests that give us the oxygen we breathe in order to create cattle ranches so that burger companies can be supplied with beef.

In Glasgow, on any Saturday, the sound of chainsaws builds to a crescendo: drowning traffic noise: streets and precincts covered with sawdust: in the slaughterhouse, blood spills onto sawdust floors as animals scream in terror.

A burger is a dead animal - if you like animals, why eat them ?

### Cash Crops

.....cash crops (tea, coffee, tobacco, etc.,) represent the acute end of the exploitation wedge: these industries rely on slave labour, where people become dispensable numbers, figures to be added and taken away. Meat is produced by wasting land and wheat, rainforests are cut down, depriving people and animals of their homes or livelihoods, and destroying the atmosphere. WHY ? To provide meat for the burger bars to feed junk food to the wealthy nati... ..... to feed jun... food to you.....

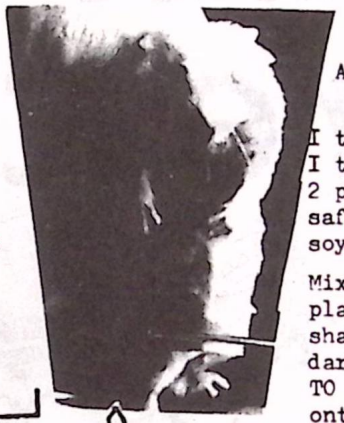


# do it yourself! TOILETRIES

ALTHOUGH WE HAVE ALREADY GIVEN A LIST OF CRUELTY FREE TOILETRIES AND COSMETICS, WE THOUGHT THAT PEOPLE MAY LIKE TO TRY MAKING THEIR OWN.

THE following recipies use only natural ingredients that are available from chemists, health stores and the cruelty-free specialist shops.

As there are no chemical preservatives in these home-made products, they will not last as long as bought products and should therefore be kept in your fridge.



## ba

ANTI - ACHE MASSAGE OIL
(make in advance)

I tsp sage essential oil
I tsp rosemary essential oil
2 pints of mixed sunflower & safflower or sunflower and soya oils.

Mix all ingredients together, place in a screw-top jar, and shake well. Leave in a cool dark cupboard for 4-5 days. TO USE. Pour a little oil onto the palm of your hand, rub hands together and massage onto the aching part of your body. For the best effect, continue this for at least 5 minutes.

GOLDEN ROOT ROYALE
(for dark blonde hair: will colour honey blonde.)

Approx. 2½oz fresh rhubarb root or 2oz ready-ground rhubarb root powder.
½ pint water.
I pint cheap, dry white wine.

For fresh rhubarb: peel root and cut into thin slices. Simmer in water and wine for 20 minutes. (for powder, simply add to water and wine and simmer as above) Leave to stand for 3 hours, then strain. Used frequently as a hair rinse the colour will quickly become deeper and softer.

BRAN AND ALMOND SKIN RUB.

I oz oatmeal
I oz ground almonds.
½ oz bran

Mix the ingredients together and throw a handful into your bathwater. Using brisk, circular movements rub a handful onto your dampened body. Use a shower to remove this mixture, or splash yourself with water. This will remove dead cells and improve circulation, cheaper and as effective as commercial exfoliators

HENNA AND BEETROOT PASTE.
(for plum red hair)

I large beetroot
6 tablespoons henna powder.

Boil beetroot in I pint of water, leave to simmer for 30 minutes or until ½ pint of water is left.
Stir in henna powder gradually to make a smooth paste. Massage into hair and leave for 30-40 minutes. For a stronger colour, wrap your head in tinfoil and heat with hairdrier. Rinse out and wash with a gentle, non-tested shampoo.

## hair

SAGE AND ROSEMARY SET.

The recipe will produce a strong setting agent. For a gentler set, half the amount of herbs should be used.

2 oz rosemary
2oz chopped sage
2 pints boiling water.

Pour the water over the herbs and stir gently. Leave to stand for four hours, then strain through a seive. Use this liquid as a final rinse instead of your usual lotion.

CINNAMON AND ARROWROOT TOOTHPASTE.
(3-4 applications.)

4 tablespoons arrowroot
2 tablespoons ground cinnamon

Store the two ingredients in an air tight container- mix when needed with a little water to make a paste. Brush teeth and rinse. This toothpaste is ideal for sensitive teeth.

KC SHAMPOO.
(cleans and shines hair, especially good for blonde hair)

2oz Chamomile flowerheads.
2oz kaolin powder.
I pint boiling water
I drop rosemary essential oil.

Pour boiling water over the chamomile and leave to stand for 30 minute. Strain and add to kaolin gradually to form a paste (you may not need all the water) Add oil. Rub paste through damp hair, massage, and rinse well.

# A LIFE WORTH SAVING

*by Paulette Callen*

Are there lives too humble to save?
Some are lost
not for want of trying (by too few) –
a baboon named Debbie,
a gorilla named Digit,
dophins who never again will leap laughing toward the sun, whose names we'll never learn, tangled suffocating in nets,
wolves with lunar eyes cut down by rifles from the skies,
rabbits screaming in harnessed rows,
cattle meek and lowing in anguish as they await death and cellophane.
Let us save one.
Even one.

Igor,
little gibbon –
too humble?
Leave you in your prison dreaming of green and she who held you so long ago it is no longer memory but dream-relief from an endless succession of black nights and twilight days?
What then?
Will one missing child be found?
One prisoner of conscience freed?
One warhead melted into pens and ploughshares?
One cure invented for the myriad ways we find to self-destruct?
The misery, lonely terror, suffocation, dying light, screams, and despair help nothing, save no one, and damage our souls beyond reckoning.
So let us save one.
Even one.
Igor,
little gibbon.
A life worth saving.

*Igor Gibbon lived in an experimental laboratory for 21 years. Due to fear of other gibbons, he became a "self-mutilator," attacking his own arms savagely whenever he saw another gibbon. On 26 June 1987, Igor arrived at the Gibbon Sanctuary in Summerville, South Carolina. He settled down beautifully. IPPL member Paulette Callen wrote this poem to celebrate Igor's new life.*

Cats have been used at the University of Glasgow in research linked to AIDS

"... Either animals are not like us, in which case there is no point in experimenting on them, or else they are like us in which case such experiments are morally indefensible...."

## exploited

They took away my freedom,
They locked me in a cell,
At first I thought I'd died,
And that I'd gone to hell.

They fixed bolts into my head,
Planted wires in my brain-
Then they locked me in a shed,
And I slowly went insane....

This immense anger locked up inside me.
I can't hold it any longer.
But what can I do to fight back ?
They're the ones that're stronger.

As days passed I began to give up.
All my hopes of being loved are gone.
I've been abused since I was a pup;
Now I wish I'd never been born.

What's this I hear? They're coming back...
Have they come to let me out,
Freedom at last, I began to bark -
Let me out, Let Me Out, LET ME OUT !

With a click and a snap the door swung open,
And light flowed into the cell.
I looked up to see three sneering faces,
Each one like the devil himself.

Where are they taking me - why am I going ?
Shouldn't I have a choice....
If only I could ask them what they're doing,
But I cant I have no voice.

"Lie down here little dog -
This shouldn't hurt a bit.."
The man took out a large syringe
He stuck it in my hip.....

A wave of relief washed over my soul.
Could this really be the end ?
Is it my turn to die, my time to go..
Now d e a t h is my only friend.....

## where does Vivisection happen in glasgow?

BEATSON INSTITUTE FOR CANCER RESEARCH, Garscube Estate, Bearsden.

GLASGOW ROYAL INFIRMARY

GLASGOW ROYAL MATERNITY

GLASGOW UNIVERSITY

STRATHCLYDE UNIVERSITY.

.....

..... there are 16 licenced vivisection laboratories in the Glasgow area.....

GUARD YOUR PETS !!

# CRUELTY-FREE GLASGOW SHOPPERS' GUIDE.

EVERY YEAR MILLIONS OF ANIMALS ARE KILLED IN EXPERIMENTS SO WE, THE PUBLIC, CAN HAVE NEW SHAMPOOS, COSMETICS, SOAP POWDER, ETC. THESE EXPERIMENTS ARE UNNECESSARY, AND VERY CRUEL. THERE ARE ALTERNATIVES TO ANIMAL TESTED PRODUCTS... CRUELTY - FREE !

This is a guide to shops that stock products which are not tested on animals. As the demand for these products grows so more companies will start using humane methods of proving their products safe. It lies with you - buy cruelty -free. Stop vivisection by boycotting the products of animal torturers !

## *GLASGOW CITY CENTRE*

**ARISE AWAKE THE GOAL IS YOURS**
**123 Douglas St., Glasgow**

**HERE'S HEALTH**
**73 St. Vincent St., G1**

## *GLASGOW WEST END*

**GRASSROOTS WHOLEFOODS**
**498 Great Western Road**

**PURE NECESSITIES**
**113 Byres Road, G11**

**BUSHEL & PECK**
**1353 Dumbarton Road, G14**

**HEALTH TREND**
**102 Dumbarton Road, G11**

**PARTICK HEALTH FOOD SHOP**
**211 Dumbarton Road, G11**

**GREEN CITY WHOLEFOODS**
**23 Fleming St., G31**
**- will supply wholesale to food co-ops.**

GLASGOW SOUTH SIDE.

HEALTH FOOD CENTRE,
IO DIxon Avenue, Crosshill G42.

HEALTH FOOD STORE.
I4 Skirving St., Shawlands, G4I

## *OUTSKIRTS & TOWNS*

**AIRDRIE GRAIN & HEALTH FOODS**
**Hallcraig Street, Airdrie**

**PETER RIDER LTD.**
**27 Townhead St., Hamilton**

**HEALTH CRAFTS**
**62 W. Princes St., Helensburgh**

**GILLIES HEALTH & HOME BREW**
**23 Townhead, Kirkintilloch**

**FALKIRK HEALTH STORE**
**5 Melville St., Falkirk**

**THE GRANARY**
**12 Silk St., Paisley**

*Although the shops listed above stock products which are not tested on animals, a product cannot be completely without cruelty unless it is also free of animal ingredients. In this category we include animal fats, milk and egg derivatives, honey, hair and silk, etc. There are always alternatives to animal ingredients, but most shops are unwilling to pursue the humane ethic to its logical conclusion.*

The VAG cannot be held responsible for inaccuracies as all information from the manufacturers or stockists is used in good faith.

# cruelty-free shops

The following shops all specialise in cruelty-free products - cosmetics, toiletries, etc. The packaging is kept simple to keep the products cheap and to minimalise pollution through wastage. The products are similar in all shops, and all are plant or herbal based. All shops claim that their products are vegetarian.

Nectar beauty shop

6 CENTRAL STATION ARCADE, UNION STREET, GLASGOW. Nectar have a wide range of toiletries, cosmetics and health products. They also stock pot-pourri and other herbal gift packages. All products bearing the Nectar label are definately vegetarian.

**The Hair Company.**- Savoy Centre, Sauchiehall Street, Glasgow. 64 Union Street, Glasgow. 1103 Pollockshaws Road.

**Face Natural Cosmetics.** - Unit 40, Shawlands Arcade, Glasgow G41.

**The Body Shop.** 42 Argyll Arcade, Glasgow G2. 211 Sauchiehall Street, Glasgow.

**The Body and Face Place.** - 22 Quarry Street, Hamilton. 38 The Arcade, Stirling.

**Razzle Dazzle.** - All city centre shops have two separate stocks of cruelty-free products - Barry M. Cosmetics and Montagne Jeunesse toiletries.

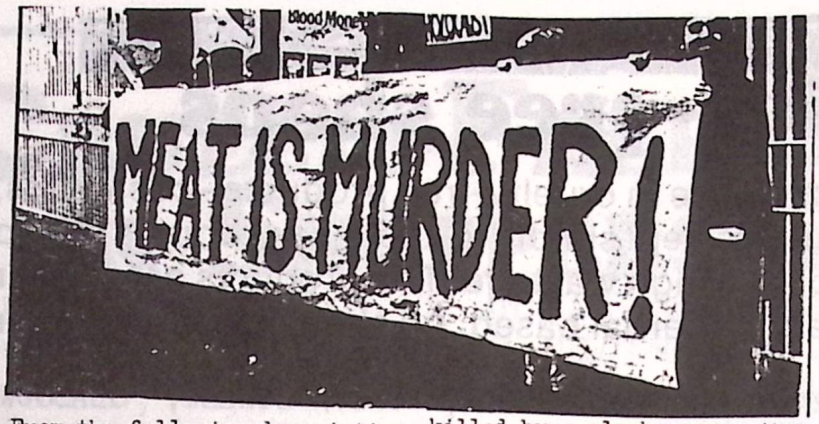
**Farfalla Natural Beauty Shop.** - 357 Sauchiehall Street, Glasgow. Stock many different cruelty-free labels including Reform and Elizabeth Price.

WE WOULD LIKE TO THANK NECTAR BEAUTY SHOP FOR THEIR SUPPORT.

## OUR DISPLAY....

Since,last October there has been been a 'Cruelty-Free Glasgow' display in our city's libraries. The display has been in both the Stirling and the Mitchell libraries and will be in the following libraries in the future;
February - Castlemilk Library.
March - Hillhead Library.
April - Knightswood Library.
May - Parkhead Library.
June - Baillieston Library.
If anyone can arrange for more dates for this display we will be most pleased to hear from you. eg. in Womens Centres, Youth clubs, Community Centres, etc,....

# GLASGOWS MILES CRUELLER!




From the following description try and guess the name of this house of horrors.....
Hundreds of living creatures are transported to this modern day B E L S E N each week, in vehicles with little or no protection from weather conditions. Sweltering in the summer - freezing in the winter.
On arrival they are kicked and shoved from the vehicle - the old and stiff who do not move quickly enough are cruelly assaulted by men wielding metal prods which give electric shocks. These men jam their prods onto the genitals and necks of these unfortunate creatures to speed their work up. Being paid on piece rates, delays cost money, so cruelty is the order of the day.
Some of the luckier creatures are stunned before their death; others are not so lucky. Rushed work leaves animals sensible to the pain of being 'stuck and bled' Bled to death. Other animals are deliberately left unstunned, killed by a slash across the throat. This is demanded by Jewish and Moslem communities whose religion dictates the method by which the animal is killed. This is the very method which the chief Vet. to the abattoir describes as "an unnecessary barbarity".
It is small wonder that workers in this and similar industries account for the highest incidence of alcoholism for any group of workers anywhere in the world...
So ... where is this place..?
Certainly not in any holiday brochure, certainly not in any city tour guide. It is in our 'dear green place, our city of smiles, That dear green place that has for its emblem a fish, a bird, a tree and a bell.
GLASGOW HOUSE OF HORRORS....

THE BELGROVE STREET ABATTOIR.
Murder centre of Scotland.
There is only one way to stop this carnage; dont eat meat; you dont need meat;

LIVE WITHOUT CRUELTY.

THE SLAUGHTERHOUSE

I wonder if they realise,
Perhaps slowly, but still realise,
That the journey although over,
Is the beginning of the end .

I think they,get an inkling,
Of the horrors that awaits them,
By the cruelty of their handlers,
And a feeling deep inside.

And even the most unaware,
Will quickly, sharply realise,
Snorting their understanding,
At the stench that's in the air.

An inkling grows to terror,
And borders on insanity,
The shouts and screams and bellows,
Give witness to the truth.

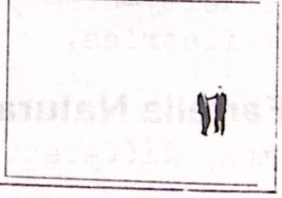
And,one way or another,
The nightmare has to finish.
Finished for the creature.
But always with the man.

**10 ACRES (5 football pitches) will support—**

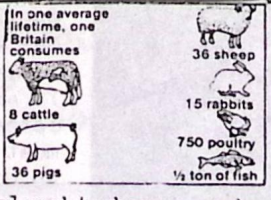
**61 people** growing SOYA

**24 people** growing WHEAT

**2 people** growing CATTLE

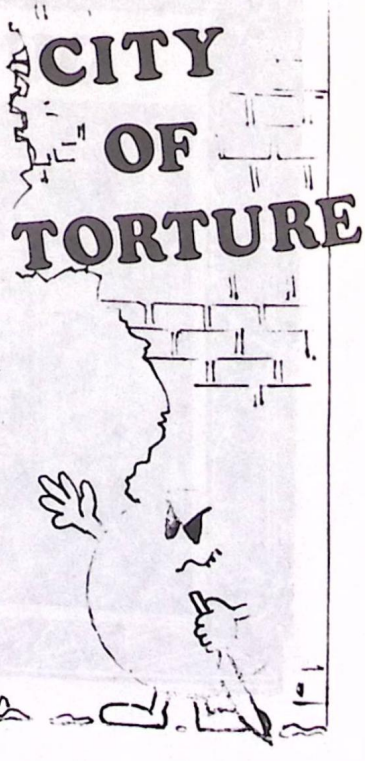


●Because of a 'personality clash' between the chief veterinary surgeon and an R.S.P.C.A. inspector, the inspection visits were stopped for two years. Pressure from the V.A.G. saw the restart of these visits.




●Glasgow slaughterhouse workers have given reports of animals not being stunned before slaughter....They also gave reports of incidents where animals had cigarettes stubbed out on their bodies.

It is often argued that vegetarians care more about animals than humans, yet many people decide to become vegetarians precisely because they are concerned about hunger in the third world.
At least 10 times more people can be sustained on vegetarian food than on a diet based on meat. The present population of Britain is 56 million (approx). If everyone ate a balanced and nutritious vegetarian diet we could feed a population of approximately 250 million. At present more than 90% of our agricultural land is used to grow feed for farm animals, instead of food for humans. Worse still, every year we import potential famine-relief food to feed farm animals.

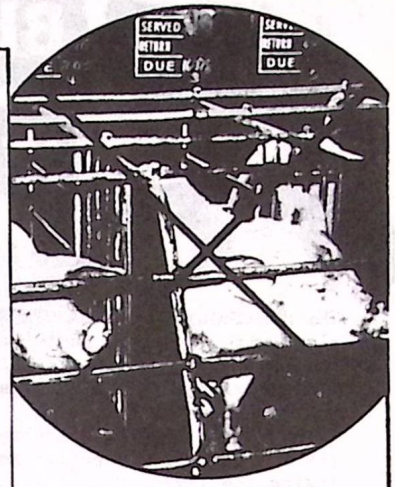


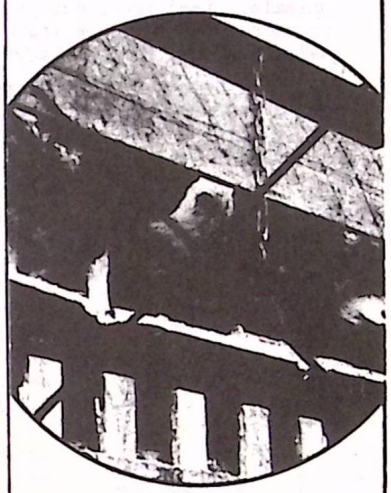
# BECOMING VEGETARIAN

Unless we are born into a vegetarian family, becoming a vegetarian involves making a change, and change usually requires us to make an effort which is why most of us try to avoid it. If we are to make a change we have to be convinced that there is a good reason for it.
Here are some good reasons for becoming vegetarian

1 Your health. I start with this not because I think it is the most important reason, but because self-interest is a strong motivating force. A meat-free diet is not intrinsically healthy. You could live on crisps and lemonade and call yourself a vegetarian but you would not be healthy.
We are constantly encouraged to eat less fat, sugar and salt and to eat more fibre. These are all easily done on a good vegetarian diet. Plant protein comes from a combination of grains, nuts, seeds, beans and pulses. All of these are full of fibre, especially if whole grains are used, i.e. wholemeal bread, brown rice and brown pasta. Admittedly some vegetarian dishes, particularly beans, can taste bland. This, however, gives you an opportunity to use lots of herbs and spices. When you are getting plenty of flavour from these sources you will find it easy to cut down on salt.
A lot of vegetarians with a sweet tooth find that they are getting enough sweetness from dried fruits. These have the added advantage of containing valuable minerals and fibre. I have found that over the years since I have been eating a wholefood vegetarian diet that my appetite functions better - I know when I've eaten enough - and that my sweet tooth has decreased. There are not a lot of fat vegetarians.

2 Your conscience. We all like to think that abbattoirs operate 'humane killing'. (see slaughterhouse article to find out what really happens.) What must working in a slaughterhouse do to the workers there? It must brutalise them to some extent. Vegetarians are often accused of caring more about animals than they do about people. If you read the article on cash crops about the way intensive animal husbandry causes starvation in the less developed countries of the world, you will see that this is not so. There is enough protein to feed the world's population, and more, if it is eaten as nuts, grains and seeds instead of being fed to animals who then provide protein in the form of meat for far fewer people.
Being vegetarian does not mean a life of joy-less self-denial. There are lots of tasty, succulent dishes you can enjoy. And there is always the satisfaction of knowing that no creature has suffered from the preparation of your meal.



For further information about the Vegetarian Society, contact:
Marilyn Mowbray, 14 Ancaster Drive, Glasgow, G13 1ND.
Tel: 041-959-4705.

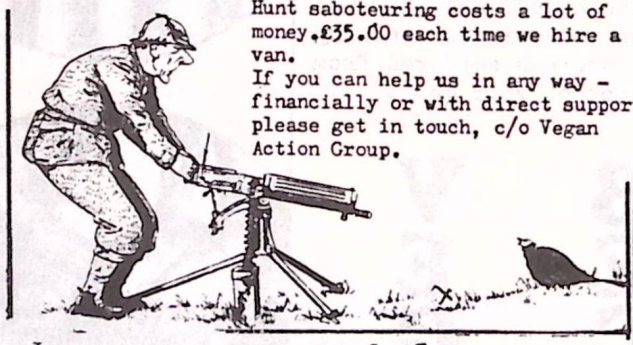
# STOP BLOODSPORTS

# IT'S IN YOUR HANDS

## THE HUNT SABS

THE STRATHCLYDE HUNT SABOTEURS, along with Clydeside Hunt 'sabs were formed to sabotage peacefully the activities of the Lanarkshire and Renfrewshire Foxhounds.
We have been working for three years now, being effective in saving the lives of hunted animals. Last year, due to the pressure from the sabs the hunt made no kills, and have been unsuccessful in making any this season.... so far.....
A season lasts from the beginning of November right through to March, the hunt taking place twice every week. Sabs protest at every hunt, as many as 100 people being prepared to spend a day saving animals lives.
Horns, voice-calls and false scents are all used as peacefull means to this end.
Public education has now become a major part of the groups' work. We now hold information stalls in Buchanan Street and Argyll Street.
Hunt saboteuring costs a lot of money.£35.00 each time we hire a van.
If you can help us in any way - financially or with direct support please get in touch, c/o Vegan Action Group.

## THE SAB



BENEATH THE SURFACE THE SLOWLY SWIRLING BAIT BRINGS RESULTS—
NOW STRIKE— AND IT'S ON!
ITS SO BEAUTIFUL OUT HERE, I CAN REALLY UNDERSTAND WHAT NATURE'S ALL ABOUT

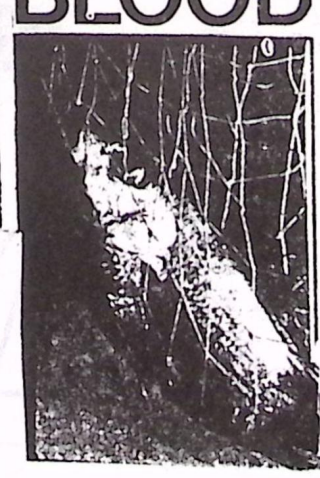
It ' I time t

## kids

think more seriously about the values we are teaching our children in relation to animals.
Children are born with feelings of compassion towards other creatures, but as they grow, these feelings are compromised and often disappear.....
.....why..?
Recently there have been articles in the papers about 'Pets Being Snared in Glasgow Parks', 'Animals Shot With Crossbows', and the terrible dog fights.
Much of this is caused by ignorance and lack of respect for the animals, feelings which start in childhood.
We know it is wrong to hurt animals, yet we buy our children air rifles, toy crossbows and 'Rambo Knives'. We despise the organised foxhunts, yet 'going fishing' is still a popular sport....
Chidren keep mice as pets, yet in school they will be forced to dissect the same animal.
We go to the country, to show the children farm animals - what a thrill to stroke a lamb - then we tell them to eat their meat and be thankful for it.
Have you used this line of persuasion '-eat that, there are starving children who'd be glad of it! ' ?
Yet these children starve because we eat meat, feeding our cattle with their grain.
Your children are the next generation to live on this earth, and with the mistakes of the present generation they've got a lot to sort out. Teaching them any form of violence will not help them.....

## corner?

# ANGLING - THE NEGLECTED BLOOD SPORT

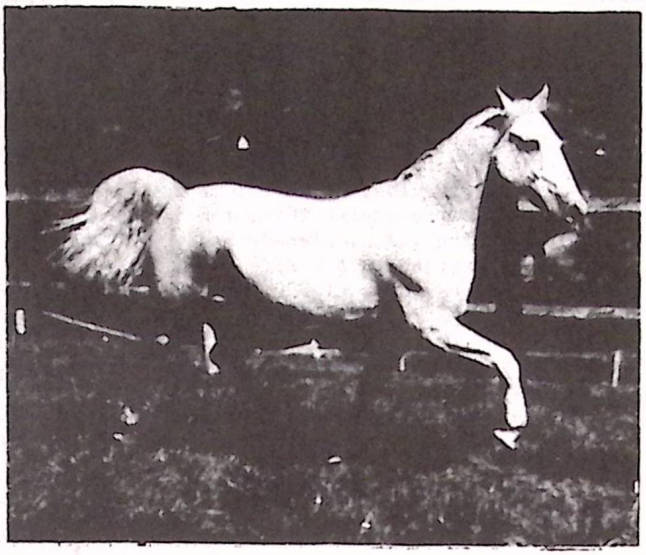


Course fishing is the most popular of all types of fishing, and it is also the cruelest. Each year, millions of so-called harmless anglers seek to stick barbed hooks into largely inedible fish, purely for their own pleasure or entertainment.
These defenseless animals are dragged from their natural habitat, handled with fingers that feel like hot pokers,(fish have very sensitive nerve endings) and then thrown away to suffocate.
If you find it hard to find pity for these creatures, or care about their plight, it is probably because they are not as appealing as a furry fox, or cat, or dog - but in the end, fish feel pain the same as all animals. They have an equal right to life.
So, please, help us to bring an end to the slaughter of these more than defenseless animals !!

BOYCOTT....AND DISCOURAGE OTHERS!

# WHO HOLDS THE REINS?

## 'SHE STANDS PROUDLY, HEAD HELD HIGH, REMEMBERING LONG AGO YESTERDAYS..... WHEN HORSES WERE CHILDREN OF THE WIND, AND THE BOUNDARIES OF THE WORLD WERE LIMITLESS..."



Long gone are the days when horses ran wild on the plains of America, untouched by man. The North American, the 'Indian', was among the first people to use the horse as a means of transport, they realised that the horse, with its long wide back and great speed would make hunting buffalo and battling with the white man easier.

They had several methods of breaking wild horses. First they would catch a wild horse and lead it to a river, where a 'brave' would leap on its back, the water stopping the horse from running ,rearing or bucking properly, and being able to throw the brave from its back.

Therefore, in this way its spirit was broken. The Indians used a rope halter on the horses head to control it and a rug on its back for comfort. Horses were considered very valuable to these people and were one of the highest honours a young brave could be rewarded with.

The 'cowboy', on the other hand had a very different way of breaking a horse.

Firstly, they trapped them into a small corral,lassoed them and put a saddle and a bridle on them . The cowboy would then get on the horses back and hold on for as long as possible, while the horse reared, bucked and plunged in a desperate attempt to get the weight of its back. This continued until the horse was so tired it could struggle no more; thus its spirit was broken.

The cowboy used a heavy western saddle on the horse, and a hackamore, or 'bitless bridle. (the hackamore is a bit of long metal extending from the cheekpiece of the bridle on either side of the horses face, and curved inwards at the bottom.It is designed so that when the reins are pulled back to stop the horse, the metal bits jab into the horses face,causing pain, and the animal to move in the direction the reins guide it, or to stop. It is still used today.)

The horse is exploited in many ways which most people are unaware of. To go deeply into this would take a long time, so I will just write about a typical horses life today, and my own experience with them.

I have broken three horses in the past and I will try to explain how this is done.

When a horse is born, it is either a colt(male), or a filly(female); colts are castrated when they are a year old, usually with a mild anaesthetic, although in some places in America, rodeo horses are castrated while they are still fully aware of the pain.

At this age, although it has been handled it is unaccustomed to saddles or bridles. To introduce these to a horse it is made to wear a headcollar and a blanket is placed on its back, held in place by a'roller'or 'surcingle', around its belly. This is supposed to get a horse used to weight on its back which will in later stages become a saddle.

The horse is then walked around like this until it becomes used to the objects on its face and back.

Then comes the next stage, the introduction of the saddle and bridle.

The brdile is always put on first with a rubber snaffle bit, the mildest bit that can be used. The bit is placed in the horses mouth,over the tounge: because the horse is not used to having an implement like this in its mouth it naturally resists and raises its head out of reach, and this is where one of the many 'tricks of the trade'are used.

In order to bring the horse head back down,it is usual to reach up and grasp it by the nostrils and squeeze, restricing the horses breathing and making it lower its head.

Once the bridle is on, the horse stands with its ears flat back and its eyes rolling,bewildered and afraid. Then the saddle is put on. When this is done the horse usually sags and is unsteady on its legs, then the girth is pulled up. This is usually the worst part for the horse to accept. It will blow its belly out so as not to allow the girth to be tightened-then the person who is saddling the horse will knee it in the belly a couple of times, until it deflates and the girth can be tightened.

When the horse is then 'tacked up', it is made to walk, trot or canter, in a circle.

A long canvas rope and a whip are used behind the horse to keep it moving.

After this is the 'long reining'. This is where a lunge rein is passed through the horses bit and through the stirrup irons on either side of the horse. It is then made to go around in a circle once more, this time with the rein around its body, lying on its quarters or just above its hocks. Most horses don't like this and I have seen some lunge and rear to rid themselves of the reins, often felling and injuring themselves quite badly.

Once the horse has accepted the reins, it is made to walk with someone walking a good distance behind it holding the reins and making the horse turn in whatever direction they want it to go. The purpose of long reining is is to get the horse used to pressure from the bit.

After a couple of months of lunging and long reining, someone sits on the horses back for the first time.

The first time I sat on a horses back that I was breaking was in an indoor schooling area. First of all I lay across her back for a few minutes while someone held her head, and when I actually sat on her back she went berserk,bucking and rearing so high that she fell over backwards. I would like to say at this point, that the horse, named Candy contracted Tetanus two years later and was to die in the hands of Garscube vetinary students who didn't know what they were doing. The pain and suffering that I caused her by bringing her from the wild and breaking her spirit is always at the back of my mind, and is something that I deeply regret.

After Candy, I broke two more horses, taught people to ride, worked in a horses dealers yard and as a groom for a show-jumper, where I witnessed behind the scenes abuse. Riders taking their bad luck out on the horse by whipping it, making them jump over barbed wire, and putting nettles on their legs under bandages so they will jump higher, to 'escape the pain'. Horses are used for jumping, racing, event hunting, driving, and teaching people to ride. In other words they are money machines, a means of profit to be abused and exploited by humans. It is an animal which earns its keep by breaking its back.

Horses are rarely allowed to live out their natural life span, when they are old or sick their value and use has gone and they are killed for pet food and human consumption.

Most horses by nature are quiet tempered and gentle; there are still some however who, although controlled by humans, have kept their wild instincts and are very hard to handle.

It is these animals that I admire most.

It is a wonderful sight to see a horse loose in a field, head held high and galloping into the wind, free but for the fence which surrounds the field, confining the horses body, but not its spirit.

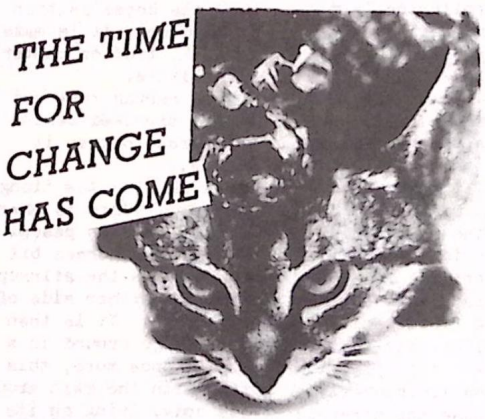
No-one knows what goes through a horses or any animals mind because they can't speak for themselves. That is why human beings are able to oppress and dominate them. I am sure, however, that when a horse looks over its stable door it looks for a world where it will one day be free to run with its own kind.

The deep love and respect which I have for horses will never allow me to sit on their backs again and oppress them, although I hope one day I will be able to experience the feeling of communication with the horse, under its terms and not mine.

# NEW DIRECTION FOR LIBERATION?

Mid '87 saw a new burst of energy come into the animal rights movement in the form of a discussion document entitled 'Time For Change.'
Laid out inside were ideas for a 'Federation of Local Animal Rights Groups', which aimed to unite the local, volunteer run, low funded groups so that ideas, equipment, resources and support could be shared. One of the main points of this document was that we could never achieve animal liberation if we were to leave the movements funds in the hands of the wasteful larger groups, the 'national Societies'.
Every group needs money to work effectively, and too much of this money is wasted through duplication, wages and fancy offices.
Campaigns run by these national societies cannot hope to relate, as well to each individual city as a campaign run by a local group who will be aware of the relevant facts on animal abuse within that area. What is more interesting to you... hearing about atrocities in an English laboratory, or hearing that cats afe being blinded at birth in the Glasgow University Physiology Deparment ?
Add to that these societies protective attitude towards their own research, refusing to let other societies use their results, you may begin to wonder wether animal liberation is the goal, or credit for achieving it !

To demonstrate the problem of money wasting you only need to take this group, the Vegan Action Group, and compare it with the Scottish Anti-vivisection Society. After the V.A.G. already having a Cruelty Free Glasgow campaign already underway, the S.A.V.S. duplicated this by producing an expensive shoppers guide, similar to and less comprehensive than, the guide the V.A.G. already had!
Last year the S.A.V.S. squandered over £15,000.00 in wages and expenses, while the V.A.G. is run equally efficiently by volunteers, people who do not want to take pay for working when the money can be better spent fighting animal abuse.
Animal liberation will be won through our dedication to educating the public, not through wasting vast sums of money on staff wages and duplication of other groups work.




## SOME USEFUL ADDRESSES

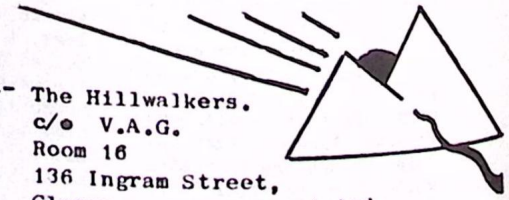
THE FOLLOWING IS A LIST OF ADDRESSES THAT IS NOT ORDINARILY AVAILABLE AS THE GROUPS ARE NOT WELL KNOWN. ∴ they may be handy to hold onto.....

- DOG RESCUE, VICTORIA BUILDINGS, VIOLET STREET, PAISLEY.
  tel; 041-889 5202. ( will give shelter to unwanted animals and rehome them to reliable people.charity.)
- CANCER RELIEF, MACMILLAN FUND 15-19 BRITTEN STREET, LONDON SW3 3TY. ( a cancer relief charity that does not use animals as science tools. All other major cancer cure charities use vivisection!)
- VEGFAM., THE SANCTUARY, NEAR LYDFORD, DEVON, EX20 4AL. (famine relief agency, teaching people to grow crops and not farm animals- vegan famine relief !)

CHANGES BOOKSHOP
ALTERNATIVE BOOKS
(GLASGOW) LTD
340 WEST PRINCES STREET
041 357 3631

# VEGAN HILL ~ BILLIES...!

**During 1987, some vegetarians and vegans thought it would be a good idea to go hillwalking on Sundays in the company of friends. The group is open to vegetarians, vegans and any persons who support the thinking behind those life-styles.**
**The aims of the group are to promote healthy living, actively oppose the misuse , exploitation and destruction of the environment, and the pursuit of happiness.**
**There are no rules or regulations other than those which are self imposed through concern for the safety and wellbeing of our friends.**
**Generally we go walking every Sunday, regardless of the weather, setting off from the V.A.G. office 136 Ingram Street, Glasgow.**
**Transport is by private car and the cost of the petrol is shared.**
**Until now most of the walks have been in the Trossachs and Loch Lomond countryside. We have made a couple of forays into the Ochils in Stirling and also Perth/Crieff area.**
**Included in our walks we have managed Ben Lomond, Ben Venue, Ben Ledi and other smaller hills.**
**However all our walks are not so demanding and can consist of anything from 3-10 miles round a loch or in some senic glen.**
**We have learned quite a lot since our first walk when we actually managed to get lost is Cumbernauld Country Park.**
**We are now much more conscious of the safety aspects of hill walking and have come to realise the importance of proper equipment, although one member of the group insists on wearing wellingtons and swears by them! However it is advisable to have good footwear, waterproof clothing and a little food and non-alcoholic drink.**
**First aid kit, compass, torch and relevant maps are purchased by the group and available on each walk, but every member should purchase a whistle and survival bag in case of and emergency.**
**Persons who are not vegan or vegetarian are welcome to come on walks with the group, with the proviso that the time they are with the group they will embrace either of these lifestyles.**
**Details of any future walks and any further infommation about the group can be had by writing to .....**



**The Hillwalkers.**
**c/o V.A.G.**
**Room 16**
**136 Ingram Street,**
**Glasgow. sae appreciated.**

**N.B. if you are interested enough to consider buying boots or clothing, it may be better to contact us first and we will be happy to advise.**

# VICTIMS OF CONSCIENCE

## SUPPORT ANIMAL RIGHTS PRISONERS

S.A.R.P. BCM Box 5911, London, WC1N 3XX. Tel 01 888 2482.

List of Prisoners January 1988.

| | | |
|---|---|---|
| Lesley Phipps,<br>T82697,<br>H.M.Remand Centre,<br>Pucklechurch,<br>Bristol,<br>BS17 3QJ. | Gari Allen,<br>W62615,<br>H.M.Prison,<br>Winson Green Road,<br>Birmingham,<br>B18 4AS. | On remand since mid December charged with criminal damage to foxes at Cocksparrow fur farms (by spraying their fur with a harmless dye) and also conspiring to cause an 'explosion' with petrol (to damage the car of a poultry farmer) |
| **Valerie Mohammed<br>Y.O. Corton Vale,<br>Stirling.<br>No 369.** | **David Barr 4193<br>'B' Hall.<br>HMP Saughton,<br>Edinburgh.** | **Both convicted 14.3.88. David found guilty of placing an incendiary device in Jenners, which was not primed to go off. Val foun guilty of malicious mishief.** |
| Andrew Clarke V50557,<br>Geoff Sheppard V50730,<br>H.M.Prison,<br>Jebb Avenue,<br>Brixton,<br>London,<br>SW2 5XF. | On remand since early September, charged with conspiracy to manufacture incendiary devices and possession of various items with intent to cause damage, and causing damage to the value of over £9 million to Debenhams dept stores in Luton, Romford and Harrow in July 87. (The Debenhams Chain of stores sell fur coats in some branches) | |

| | | | |
|---|---|---|---|
| Ronnie Lee,<br>V02682,<br>H.M.Prison,<br>Long Lartin,<br>South Littleton,<br>Evesham,<br>Worcs,<br>WR11 5TZ. | Vivien Smith,<br>P34563,<br>H.M.Prison,<br>Cookham Wood,<br>Rochester,<br>Kent,<br>ME1 3LU. | Brendan McNally,<br>T03014,<br>H.M.Prison,<br>Acklington,<br>Morpeth,<br>Northumberland,<br>NE65 9XF. | Gary Cartwright,<br>T02960,<br>H.M.Prison,<br>Lindholme,<br>Bawtry Road,<br>Hatfield Woodhouse,<br>Doncaster,<br>South Yorks,<br>DN7 6DG. |

Ronnie, Vivien, Brendan and Gary were sentenced in Feb 87 at Sheffield Crown Court. The charges were ;- 1.Conspiracy to commit arson, 2.Conspiracy to cause damage, 3.Conspiracy to incite others to commit damage, 4.Conspiracy to 'steal' the Ecclesfield beagles. Ronnie was sentenced to 10 years for charges 1,2&3. Vivien and Brendan were sentenced to 4 years each for ch 2. Gary was sentenced to 4 years for charges 1,2 & 4.

John Hughes, Neil Johnson and Michael Dunbar have been released.

David Barr and Valrie Mohammed went to trial on the 29th of February, after spending 4 months on remand. They faced charges ranging from placing an incendiary device to a contamination hoax. The trial lasted for a fortnight. Both were found guilty, Davy of all 6 charges (inc. conspiracy) and Val of the later three (contamination hoax, making warning phonecalls). Davy was sentanced to three years and Val to 9 months in a young offenders institution.

They both need support, mainly in the form of lettersand cards etc, but dont send books, money etc as they will not be allowed them.

Davy has been having a little trouble with his food and toiletries but we hope to have this sorted out soon. Please, if you can send a donation to their support fund it will be most welcome.

Val & Davy Defence Fund,
RI6, I36 Ingram St. Glas.

## FUR COATS ARE MORE EXPENSIVE THAN YOU THINK

Behind the glamorous and lucrative image of furs, there is a vicious world of cruelty and death for the animals whose coats are used.

This is a world that the fur ads never show: the agony of the leg-hold trap; the suffering of animals raised on fur farms; the decline in numbers of many fur-bearing species.

## AND OF PROFIT!

**ONE COAT**

Just one coat can mean death for:
12 BABY OCELOTS or
15 LYNX or
40 FOXES or
65 MINK or
60 RABBITS

# OUR POLICIES...

1. INDIVIDUALS WITHIN THE VEGAN ACTION GROUP SEEK TO EXCLUDE FROM THEIR LIVES, AS FAR AS IS POSSIBLE AND PRACTICAL, ALL FORMS OF EXPLOITATION OF AND CRUELTY TO, THE ANIMAL WORLD FOR FOOD, CLOTHING OR ANY OTHER PURPOSE.
2. INDIVIDUALS WITHIN THE V.A.G. ACTIVELY OPPOSE THE OPPRESSION OF ALL ANIMALS AND HUMANS, AND THE MISUSE AND DESTRUCTION OF THE ENVIRONMENT.
3. THE V.A.G. SEEKS TO PROMOTE CO - OPERATION WITH OTHERS TO END SUCH OPPRESSION, MISUSE AND DESTRUCTION.
4. THE V.A.G. IS NOT CONNECTED WITH OR AFFILIATED TO ANY POLITICAL PARTY OR RELIGIOUS GROUP.
5. THE V.A.G. WILL NOT CONDONE ANY ACTS WHICH THREATEN THE LIVES OF ANY HUMAN OR ANIMAL.

# REMEMBER;ANIMALS CANT PROTEST— HELP US HELP THEM.

# VEGAN ACTION GROUP

☐ Please send further information about the Group.
☐ I enclose a £ _____ donation.
☐ I wish to become a supporter of the V.A.G. I enclose a cheque/postal order for **£5.00** waged/**£2.00** unwaged.

Name .....

Address .....

..... Tel. No. .....

**136 Ingram Street, Glasgow G1 1EJ**

actively opposes the exploitation and oppression of animals and humans, and the misuse and destruction of the environment.